

Senior Center Without Walls Monthly Newsletter



Celebrating September

Classical Music Month

Self Improvement Month

Courtesy Month

Newspaper Carrier Day

September 4

Labor Day (U.S.)

September 5

National Ampersand Day

September 8

Chocolate Milkshake Day

September 12

Line Dance Week

September 12–17

**International Day
of Democracy**

September 15

Love Note Day

September 23

Hats Off to Fall

September brings chilly fall winds in the northern hemisphere and bright hot sun in the southern. This makes September the perfect month to don a hat, either to keep warm or to protect you from sunburn. Short on ideas about what kind of hat to wear during Hat Month? Opportunities abound for wearing hats of all different styles.

In America, September 13 is Uncle Sam Day. That stern-faced, white-bearded, finger-pointing gentleman, a symbol of America personified, wears a top hat decorated with great white stars on a blue background. Of course, if you choose to wear a top hat, it needn't be so patriotic. If you happen to find yourself south of the border in Mexico on September 16, Mexican Independence Day, you will likely find many people wearing wide-brimmed sombreros and yelling, "Viva Mexico!"

If you're the crafty type, ditch the sombrero on September 15 and celebrate Make-a-Hat Day. Plum out of ideas for this holiday? September 15 is also Felt Hat Day, so grab some shears and start cutting felt for a fedora, a cloche, or even a tall gnome cap.

History buffs can also get into the fun. In America, September 16 is Mayflower Day, the day in 1620 that the Pilgrims set sail from England for the New World. What is more symbolic of the Pilgrims than their *capotains*, those tall black hats with big buckles in the center? If you're going for historical accuracy, however, forget the buckle. It was a fanciful addition by artists of the 19th century. If fanciful hats are more to your liking, don a pirate's hat on September 19, Talk Like a Pirate Day. Or even better, on September 26, Johnny Appleseed Day, take after that American folk hero and wear a tin pot on your head. Legend states that he wandered barefoot eating out of his hat, wearing naught but a coffee sack.

“Number, Please”

Emma M. Nutt made history on September 1, 1878, when she became the first female telephone operator. It had been customary for teenage boys to be telephone operators. However, these youth proved impatient over the phone, played pranks on callers, and often used crude language. Alexander Graham Bell himself came up with the solution to hire young women, and he started by hiring Emma Nutt. Needless to say, Emma’s cool, soothing voice transformed the new industry. Emma’s sister Stella Nutt was hired just a few hours later. Emma Nutt was so successful that telephone operation became an exclusively female profession. Indeed, women relished the professional opportunity, which was considered a step up from domestic duties and factory work. Women would man the telephones for almost the next 100 years.



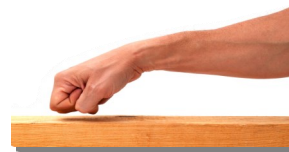
Penny Press Day



On September 3, 1833, Benjamin Day began printing his daily newspaper *The Sun* in New York City, for which he charged one penny per copy. For this reason, September 3 is celebrated as Penny Press Day. Day’s small paper was groundbreaking for many reasons. First, it brought the news to the masses. Working-class families

and immigrants could at last afford to be well informed. Secondly, it relied on advertising, not subscriptions, for revenue, which helped keep its cost so low. The invention of the steam engine also aided Day’s cause. In 1840, he could print 4,000 copies an hour; by 1851, he was printing 18,000. Day was also the first newspaperman to hire reporters to follow stories. Thanks to his ingenuity, Day became New York’s first great newspaper magnate.

Tough Luck



If you find the number 13 unlucky, then September 13, Defy Superstition Day, may be just what the doctor ordered. Superstitions are beliefs that contradict rational thought. If they are so irrational, why are so many people superstitious? Psychologist B.F. Skinner hypothesizes that superstitious behaviors stem from the concept of reinforcement; that is, a person makes an action expecting a reward. What makes superstitions unique is that superstitious people repeat an action over and over, even if the reward is not realized. For example, someone may always throw salt over their shoulder to ward off bad luck even though there is no immediate benefit or consequence.

Why do we throw salt to ward off bad luck? The salt superstition stems from Christianity, specifically, Leonardo da Vinci’s painting of the Last Supper. In the painting, Judas—the apostle who betrayed Jesus—is depicted knocking over the salt. The act of spilling salt has since been associated with treachery and lies. The act of throwing it over your left shoulder is to blind the devil lurking there.

Do you walk under ladders? It’s a common superstition that it is bad luck to do so. This superstition began in ancient Egypt. A ladder leaning against a wall forms a triangle, which was considered a sacred shape, similar to the shape of the pyramids. Passing under the ladder was considered an insult to the gods. This superstition carries on to this day.

Perhaps the most prevalent superstition is to knock on wood to prevent disappointment and promote good fortune. Many ancient pagan cultures worshipped trees because they were believed to be inhabited by spirits. It was common to lay hands on trees and ask for favors or give thanks. Of course, on September 13, defy all these superstitions by spilling salt, walking under ladders, and not knocking on wood. While you’re at it, open an umbrella indoors and break a mirror for good measure.

The Good, the Bad, the Cholesterol

Is cholesterol bad for you or good for you? Take the time this September, Cholesterol Education Month, to familiarize yourself with cholesterol's impact on your health.



Cholesterol comes both from foods we eat and from our livers. Not all cholesterol is bad. In fact, this waxy, fat-like substance is essential to the good health of our body's cells. But these fats do not dissolve in blood, so proteins in our blood carry cholesterol around our bodies. These carrier proteins are called *lipoproteins*.

Most often, when people think of cholesterol, they think of low-density lipoprotein, or LDL “bad” cholesterol. This type of cholesterol is considered bad because it creates a plaque, a hard, thick deposit that can clog arteries and make them less flexible. As LDL collects in the walls of our blood vessels, it can cause blockages and may lead to a heart attack and heart disease.

High-density lipoprotein, or HDL “good” cholesterol, is considered good because it helps remove the LDL “bad” cholesterol from our arteries. HDL acts like a scavenger, roaming the body, carrying LDL away from the arteries back to the liver, where LDL is broken down and removed from the body.

Foods high in saturated and trans fats lead to increases of LDL and can damage blood vessels. Monounsaturated and polyunsaturated fats—those found in olive oil, salmon, oats, avocados, nuts, berries, eggs, and even chocolate—help increase our HDL. Eating healthy is not the only way to improve cholesterol. As little as 30 minutes of exercise per day has been shown to improve HDL cholesterol. Quitting smoking is also an effective means of increasing HDL and lowering blood pressure. Now that you know so much about cholesterol, have a heart and pass your newfound knowledge along.

A Card for Any Occasion



It's happened to many of us: You want to buy a greeting card, and the next thing you know you've spent countless minutes reading every card in the aisle. But did you ever stop to wonder who had penned all those greeting cards? Most greeting card writers remain anonymous, but that shouldn't stop you from celebrating Hug a Greeting Card Writer Day on September 18.

Despite the advent of digital greeting cards and online social media outlets like Facebook, the greeting card industry still manages to rake in seven billion dollars every year. That's thanks to the average person sending 25–30 cards a year through the mail. Why do greeting cards remain so popular? Perhaps it is because, deep down, we crave lasting messages of love and appreciation. After all, most of us still have old greeting cards stuffed into drawers somewhere. It is the job of the greeting card writer to find the perfect words for our thoughts and feelings.

Opportunities abound for freelance writers to become writers of greeting cards. According to the Greeting Card Association (GCA), while the picture on the front of the card captures a buyer's attention, it is the words inside that will determine whether the card is bought. Greeting cards generally come in three styles: poetic verse, prose, and humorous punchlines. The GCA advises that writers must be sure to match their writing to the appropriate holiday. It makes little sense to write a humorous Mother's Day card for a publishing house seeking poems that tug on the heart strings. In general, good cards pay anywhere from \$25 to \$150 per card, with funny cards often earning more.

Perhaps you have an idea for a non-traditional greeting card. Wombi Rose, founder of Lovepop cards, wanted to build a more exciting greeting card. Not only does Lovepop create a 3-D, pop-up card tailor-made to the customer's wishes, but they will even handwrite a personal message inside. Now that's a special delivery.

If your income is below \$1,437*/month and one or more of these statements were TRUE for you in the last month...

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

...Then you are eligible for

Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, September 2, 2016

1pm

Frederick Senior Center
Drive-Thru

please bring photo id to register

1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/Aging
or 301.600.3523 for info

*For one person household. Add \$503/person for each additional household member.



A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.

LINE DANCING

Wednesdays

1:30 – 2:45 pm



August 24th through September 28th

Skipping July 27th

6 Classes

Cost: \$24.00

Full payment is required
10 minimum to hold class
Register by August 17th

FREDERICK SENIOR CENTER
1440 Taney Avenue. Frederick, MD 21702
301-600-1605

Doing It My Way



Planning Basics

Learn how to plan and prepare for a time when you may not be able to make decisions for yourself. Be sure your representatives observe your wishes.

Presented by
Cristine LoVetro, Esquire

Wednesday,
September 7, 2016

Fried Chicken Platter served at 5pm
Program at 5.30pm
RSVP by Friday, September 1st
301.600.1605 or 301.600.1048
\$5 Suggested contribution

Frederick Senior Center
1440 Taney Avenue
Frederick, MD 21702

FREDERICK COUNTY
Department
of Aging



Circle of Friends Memory Café & More

A place for family, friends and fun.

When

Friday, Sept. 16, 2016

11:30 am

Where

Frederick County
Department of Aging
1440 Taney Avenue
Frederick, MD 21702

RSVP

Space is limited. Please
RSVP to 301-600-6001 or
caregiversupport@frederickcountymd.gov

In Partnership With

alzheimer's  association®



This program offers a safe and relaxed place where caregivers, the person for whom they care, families, friends, and health and social professionals come together to share a meal, friendship and activity.

Meetings are held the 3rd Friday of each month. Come for the activity, meal, or both. Complimentary lunch includes a selection of sandwiches, side dish, dessert and drinks. You also have the option of ordering food at your own expense from the Frederick Senior Center Café.

Join us in September for Wildlife of South America Slide Show



Activity Sponsor

Susan Dwyer, Alzheimer's Association

Complimentary Lunch Sponsor

Mid-Maryland Neurology

*This publication is a resource produced and distributed by the Frederick County Department of Aging.
For additional information about this or other programs and services,
visit the website at www.FrederickCountyMD.gov/Aging
or contact the FCDoA at 1440 Taney Avenue, Frederick, MD 21702, phone 301.600.1605,*

Frederick Senior Center presents:



There's A Doctor In The House...

Wednesday, October 5, 2016

PRE-Habilitation For Better Outcomes

Dr. Lisa Sullivan

We all know that re-hab often follows surgeries such as joint replacement, but research shows that by getting in good condition before elective surgery, recovery is often shorter, easier, and more complete.

Wednesday, November 9, 2016

Diabetes

Dr. Martin Sakar

In recognition of November as National Diabetes Awareness Month, Dr Sakar will discuss treatment options and prevention of the disease that affects nearly 1 in 10 Americans.

Wednesday, December 7, 2016

The Complementary Affects of Chiropractic Treatment

Dr. Mimi McGlaughlin

Learn how chiropractic treatment, in conjunction with other medical treatments, can lead to better health outcomes for chronic and emergent health conditions.

A light supper is served at 5.00pm, followed by presentation at 5.30pm.

\$5 suggested contribution.

**Information and Reservations by calling 301.600.1048 or
online at <http://frederickcountymd-gov.3dcartstores.com>**

**Frederick Senior Center
1440 Taney Avenue
Frederick, MD 21702**

How Deep Is the Generation Gap?

This reminiscence/discussion activity is about the gap between generations and the characteristics that define the different generations. What generation do you relate to?

- Here is a copy of the complete discussion for the facilitator to present. Check out the links in the article and Additional Activities at the end for additional information to bring to the activity.



Introduction

The *Oxford English Dictionary* defines the term *generation gap* as “a difference of attitudes and values between people of different generations, especially parents and children, leading to a lack of understanding.” One of the first known references to the term appeared in 1925, when people said the gap between generations of mother and daughter could be seen because one (the daughter) wore lipstick and the other (the mother) did not.

For most of us, though, the generation gap is much more than a dictionary definition. The generation we were born in helps define us.

It affects the way we feel about ourselves, our children and grandchildren, and our parents. It’s about our attitudes, culture, values, ideas, expressions, and music. Sometimes the differences between generations seem like a chasm we can never cross; other times a loving smile is the only bridge we need. In this activity, we’ll have fun looking deep into the generation gap.

Why Do Generation Gaps Exist?

Generational differences and conflicts have always existed, but the modern generation gaps that most of us refer to are usually attributed to the rapid cultural and technological change that has occurred in Western countries since the early 1900s. Social researchers also point to age-based segregation—children in school or daycare centers; adults at work; and older people in retirement homes, nursing homes, or senior care centers—as a powerful force preventing strong intergenerational relationships. To overcome this, some communities offer special programs in intergenerational centers where seniors mentor the young. These programs build positive relationships and lay a foundation for ongoing understanding on both sides.

It’s interesting to note that a study by the Pew Research Center identifies different points of view about a “range of social and technological issues” as the cause of the widest generation gap between older and younger Americans since the 1960s. According to the study, almost 8 out of every 10 people perceive “a major difference in the point of view of younger and older people today.” Most of the differences have to do with morality, values, and work ethic. Younger people, as we might expect, have greater tolerance regarding cultural issues and are more in touch with advances in technology.

Discussion Questions

- Why do you think generation gaps exist?
- As a teenager, did you feel there was a generation gap between you and your parents? Do you feel one now with your children or grandchildren?
- Do you agree that the generation gap between older and younger people is greater now than in the Sixties? Why or why not?
- What do you think of the idea of bringing older people and preschoolers together in intergenerational centers? Do

The G.I. Generation

Every generation has a particular identity—attitudes, ideas, feelings, and achievements that set it apart. The G.I. Generation, those born at the beginning of the twentieth century from about 1901 to 1924, became adults during the Great Depression and was defined by World War II. If you're part of this group, you're the generation that saw the sharpest rise in schooling ever recorded in the United States. For the first time, there were more teenagers in school than working. In fact, the term *teenager* was coined just for you.

Folks from the G.I. Generation are winners and achievers who value public good over personal gain. Loyalty, hard work, patriotism, respect for authority, self-reliance, and a strong sense of civic obligation are their defining characteristics. They've proven their willingness to sacrifice to make the world a better place. Writer and newsman Tom Brokaw called the G.I. Generation the "Greatest Generation," in recognition of their service during World War II.

Jazz, ragtime, blues, and big band/swing music—all uniquely American styles—provided the soundtrack for this era. Radio was in its heyday, both for entertainment and news. President Franklin Delano Roosevelt gathered the nation around the radio every week for his fireside chats, which began during the Great Depression and continued as the country entered World War II. And *fireside chat* is just one of the phrases we remember from this time. How about calling every man or boy *buddy*, or calling a pretty woman a *doll* or a *dame*? A woman's legs were *gams*, and coffee was *java* or *joe*. Remember *everything's jake with me* or *let George do it*? And *Is this trip really necessary*? Was a fuel-saving slogan revived during the gas shortages in the 1970s.



Fun Facts About the G.I. Generation

- They were the first generation of children to be routinely given vitamins.
- They were the generation that gave rise to the Superman comic strip.
- They were the first generation of American Boy Scouts.
- They produced some of the first legendary movie stars, such as Charlie Chaplin.
-

Discussion Questions

- Are you a member of the G.I. Generation?
- In his book, *The Greatest Generation*, Tom Brokaw maintains that it was the values and virtues of the G.I. Generation that allowed the United States to defeat Hitler in Europe and rebuild at home. Do you agree? Why or why not?
- Can you remember any particular words or phrases popular with the G.I. Generation that we still use today? Why do you think they've remained popular?

The Silent Generation

People born from 1925 to 1945 fall into a group known as the Silent Generation and share many characteristics with the G.I. Generation. If you're a member of the Silent Generation, you're likely an achiever who lives life with set goals and a strong sense of purpose. First called the Silent Generation in a 1951 *Time* magazine cover story because it seemed to be waiting "for the hand of fate to fall on its shoulders...and saying almost nothing," the group had the stalwart G.I. Generation as parents and role models.



Born between two World Wars and facing the uncertainties of the Great Depression as children, those in the Silent Generation came of age and were ready for service during the Korean War.

Music popular with the Silent Generation included the blues, jazz, and big band/swing from the previous era but added musical theater, such as George Gershwin's 1935 folk opera *Porgy and Bess*. Folk music from musicians like Woody Guthrie was important as well. And the Silent Generation coined a whole dictionary full of words and phrases still in use today. *Carry-out*, *double-dip*, *demo*, and *emcee* all became popular in the 1930s. So did *hair-do*, *itsy-bitsy*, *off base*, *oops*, and *okey-dokey*.

Discussion Questions

- Are you a member of the Silent Generation?
- Do you agree with the name *Silent Generation*?
- Do you remember the Big Band era? Did you ever dance to Glenn Miller's band or Tommy Dorsey's?



Baby Boomer Generation

Approximately 76 million American children were born from 1946 to 1964, the first generation after World War II. And when these Baby Boomers came of age in the 1960s, they made *generation gap* a household phrase. As a group, Baby Boomers are the wealthiest, most active, most physically fit generation in United States' history.

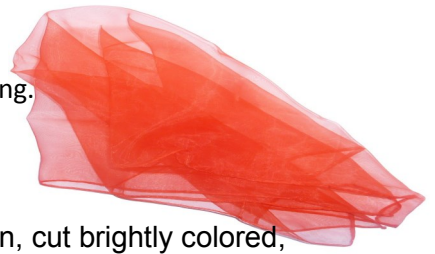
If you're a member of this generation, you were sure the world would improve and you could help make it happen.

Hippie counterculture, sexual freedom, and drug experimentation were hallmarks of the Baby Boomer Generation. But so were battles for civil rights, the Peace Corp and anti-war (Vietnam) sentiments. Rock-and-roll and folk music were everywhere, and so were the Beatles and the Rolling Stones. The assassination of President John F. Kennedy and, for the first time in history, the widespread use of birth control pills were all part of the sixties for Boomers. However, as this generation ages, it is becoming more politically and socially conservative.

Remember *gross*, *groovy*, and *grody*? How about *funky* and *freaked out* and *What's your bag*? All are perfectly good expressions from the Boomer Generation.

Health & Fitness~Scarf Exercises

Scarf exercises can help improve upper-extremity movement, eye-hand coordination, and depth perception. In addition, they are fun to do, so get ready to start waving.



Preparations & How-to's

- You will need some juggling (dance) scarves. They are available in two sizes: 18" and 24" squares. We recommend the 24" size. If you want to make your own, cut brightly colored, lightweight nylon into squares and hem the edges.
- Arrange seating so participants have plenty of room to wave their scarves around. (The exercises can also be done from a standing position.)
- Play some background music. Classical music works well.

Movements

Hold a scarf in each hand by one corner. Repeat each exercise 5 to 8 times. (Do as many of the movements for as many times as comfortable for participants.)

1. Wave one scarf up and down in front of your body and then wave the other hand. Wave both hands at the same time.
2. Wave one scarf from side to side—first slowly and then rapidly. Switch to the other hand.
3. Cross your arms in front of the body and wave the scarves from side to side, alternating right and left arm on top with each crossing.
4. Pretend you are painting a wall with long, smooth strokes. Switch and “paint” with the other hand.
5. Make figure eights in the air. Switch hands.
6. Draw large circles out in front with the scarf.
7. Hold your arms outstretched to the side and make circles.
8. Throw the scarf back and forth over your shoulder—first over one shoulder and then over the other.
9. Circle the scarf over your head like a lasso—first one hand and then the other.
10. Pretend the scarf is a whip and snap it forward.
11. Pretend the scarf is a conductor's wand and wave to the music. Try conducting with two hands.
12. Try writing your name in the air with a scarf.
13. Hold the ends of one scarf. Raise your arms up over your head and bend from side to side.
14. Holding the ends of a scarf, raise your arms up over your head and lower the scarf down behind your head.
15. Grab one end of a scarf with both hands. Hold your arms straight out in front and slide one arm back to your chest, like pulling back the string on a bow and arrow.
16. To exercise your wrists, wrap a scarf around your hand like winding a ball of yarn.
17. For finger dexterity, tie a loose knot in the center of a scarf and then untie it.
18. Bunch the scarf up into a ball to exercise the fingers and hands.
19. Hold one scarf in each hand. Throw them in the air simultaneously and catch them with the hand with which they were thrown.
20. Hold one scarf in each hand and toss them in the air at the same time. Try to catch both scarves with one hand. Try it with the other hand.
21. Throw a scarf in the air across the front of the body with one hand and catch it with the other hand.
22. Working with a partner, toss a scarf back and forth, seeing how long you can keep the scarf in the air.
23. Toss one scarf in the air and then kick the scarf with one foot. Try to keep the scarf in the air by alternately kicking it with one foot and then the other.
24. Anything goes—wave the scarves freely around your body.

Wake up and smell the ... antioxidants?

If you think your morning cup of joe provides nothing more to your body than a jolt of caffeine, you might be pleasantly surprised to learn that your daily cup (or three) provides some health benefits as well. According to Academy of Nutrition and Dietetics spokesperson Joan Salge Blake, MS, RDN, LDN, the healthiest perks of coffee include increased cognitive function, possible disease protection and a carrier for milk — adding calcium, a mineral Americans are falling short on.



And those antioxidants? "Coffee provides one of the greatest sources of antioxidants in the American diet, due to the amount of coffee that is consumed," says Academy spokesperson Joy Dubost, PhD, RD. So are the antioxidants responsible for decreased disease risk? Although researchers have yet to determine the exact mechanisms behind some of the disease-preventing effects, Dubost notes it is important to keep in mind that these compounds may be exerting other beneficial effects, such as acting as an anti-inflammatory. Coffee also contains small amounts of some nutrients, including potassium, niacin, vitamin E and magnesium — which helps the body use the hormone insulin.

"I think the beauty of it is that people can go on *enjoying* their coffee," says Salge Blake, who warns that not all coffees are created equal. While an 8-ounce cup of coffee offers some health benefits, coffee shop creations can be surprising high in sugar and fat. Salge Blake warns, "One of these designer coffee drinks can be adding a fair amount of calories to the diet."

A better option? Try a fat-free milk latte, suggests Salge Blake. By ordering a latte, she says, "You can get as much as a cup of milk in your coffee. This is fabulous because most Americans are coming in at about half of the recommended daily servings a day." Making your coffee a vehicle for fat-free milk is one way to ensure your daily calcium and vitamin D needs are met. If your diet does not include dairy, a fortified soy beverage is a calcium-rich alternative.

Dubost also advises spicing up your coffee with cinnamon or vanilla powder. Cinnamon, in particular, is rich in antioxidants and polyphenols, making your coffee even more beneficial.

So how much java is *too* much? Both Dubost and Salge Blake agree that around 3, 8-ounce cups a day is considered moderate coffee consumption. "Caffeine does not cause hypertension," assures Dubost, but warns it has been shown to increase blood pressure for a short duration. Certain groups, such as people with hypertension and the elderly, may be more susceptible to the adverse effects of caffeine. Dubost says pregnant and breast-feeding women will want to limit intake to a *maximum* of 200 to 300 milligrams a day of caffeine (the amount in 2 to 3 cups of coffee). The March of Dimes recommends that pregnant women cap caffeine consumption at 200 milligrams a day.

For those avoiding caffeine, a cup of decaf coffee has about 4 milligrams (as opposed to about 130 milligrams in a cup of regular). "It's still a good carrier for milk," says Salge Blake of decaf.

Pineapple Cloud Cake

A diabetic-friendly recipe

Ingredients:

- 1 (16-ounce) package sugar-free yellow cake, prepared according to the package directions in a 9 X 13-inch baking pan
- 1 (8-ounce) container sugar-free whipped topping
- 1 (20-ounce) can crushed pineapple in juice
- 1 (1.5-ounce) box sugar-free vanilla pudding mix



Directions

1. Cover and chill cake after it has cooled.
2. Combine whipped topping, pineapple in juice, and pudding mix in a large bowl.
3. Pour mixture over cake, spreading evenly. Cover and chill for one hour before serving.

Makes 32 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

Who Am I? ~ Celebrating a mystery person born this month

Do you know who I am?

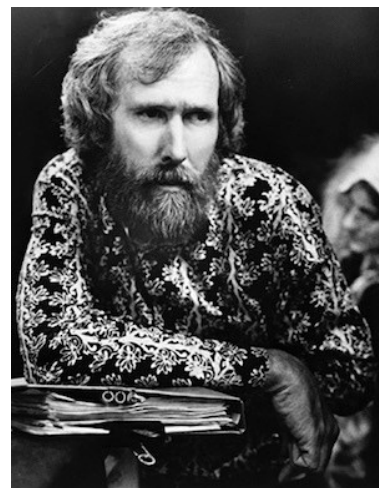
Here are some clues:

1. I was born on September 24, 1936, in Greenville, Mississippi.
2. I grew up with a real interest in and passion for television.
3. My grandmother had a significant influence on me.
4. I was an ambitious teenager and had a unique occupation.
5. For most of my adult life, I wore a beard.
6. I attended the University of Maryland where I met my wife and we worked together.
7. Throughout my career, recycling was an important element of my success.
8. I was inducted into the Television Hall of Fame in 1987.
9. At one point in my life, I especially enjoyed the commercials between shows.
10. I have a soft spot for animals of all kinds.
11. I got my big break thanks to my dog.
12. Several of my children followed in my footsteps in the family business.
13. I died of pneumonia in 1990 at the age of 53.
14. *Kukla, Fran and Ollie* was my favorite TV program.
15. I loved to entertain and educate children of all ages.
16. Rainbows made me smile.
17. My characters are timeless and continue to delight fans even today.
18. I sympathized with the struggle to be green.
19. Puppetry launched my career in television and movies.
20. Big Bird, Kermit, and Oscar are among my creations.

Do you know who I am? It's not easy being green. I am Jim Henson.

Jim Henson Trivia

- While many celebrities appeared on *The Muppet Show* over the years, none was allowed to appear on the show more than once.
- Kermit the Frog's autobiography, *Before You Leap: A Frog's Eye View of Life's Greatest Lessons*, was published in 2006.
- Very few songs were written for *The Muppet Show*. Most of the numbers came from old Vaudeville standards, comedy albums, and British music hall routines.
- In the 2011 Disney film *The Muppets*, 12 costumes were made for Miss Piggy, more than any other character.
- Henson was honored on the Hollywood Walk of Fame both as himself and as Kermit the Frog. Only three others have achieved this distinction: Walt Disney/Mickey Mouse, Mel Blanc/Bugs Bunny, and Mike Myers/Shrek.
- *The Muppet Show* was honored with 21 Prime Time Emmy Award nominations, of which it won four, and 11 BAFTA Award nominations, of which it won two. In 1978, the show received the Peabody Award.
- Guests on *The Muppet Show* would often ask to appear in a scene with their favorite Muppet. Miss Piggy was the most requested co-star with Animal being a close second.



Happy Scarecrow Door Décor

Cut cardboard into strips and assemble them to make a scarecrow wearing a hat. Add buttons and rickrack to give the scarecrow a friendly face.

You will need:

- ☐ 8 3/4" X 11" piece of cardboard
- ☐ Burlap or wide burlap ribbon (about 16" X 3")
- ☐ Raffia
- ☐ Dried or silk flowers
- ☐ Buttons (two 1 1/3" and two 1")
- ☐ 1" shank button
- ☐ Rickrack
- ☐ Thin twine or hemp cord (about 18" long)
- ☐ Embroidery needle or toothpick
- ☐ Acrylic craft paint (color of your choice)
- ☐ Paintbrush
- ☐ Plastic lid for paint palette
- ☐ Glue Dots or mounting putty
- ☐ Masking tape
- ☐ School glue/Elmer's glue
- ☐ 3 twist ties
- ☐ Scissors
- ☐ Ruler
- ☐ Pen

Directions:

1. Cut the cardboard into five strips measuring 1 3/4" X 11". Arrange four of them vertically, spacing them about 1/4" apart as shown in the left-hand photo.



2. Arrange the fifth strip at an angle as shown for the brim of the scarecrow's hat. Hold the brim in place and use a pen to draw a line along the bottom edge as shown in the center photo above.
3. Put some paint in a plastic lid and paint the hat portion of the strips as shown.



4. After the paint dries, space the strips about 1/4" apart and attach the brim using school glue as shown in the left-hand photo above.
5. Thread an embroidery needle with 18" of thin twine or hemp cord. (As an alternative, tape the end of the cord to a toothpick.) Stitch using a running stitch about 1" from the top edge of the burlap as shown above.
6. Gather the burlap as shown in the right-hand photo above. Wrap the excess cord behind the cardboard strips and tie the ends together in the back. Use Glue Dots or mounting putty to secure a

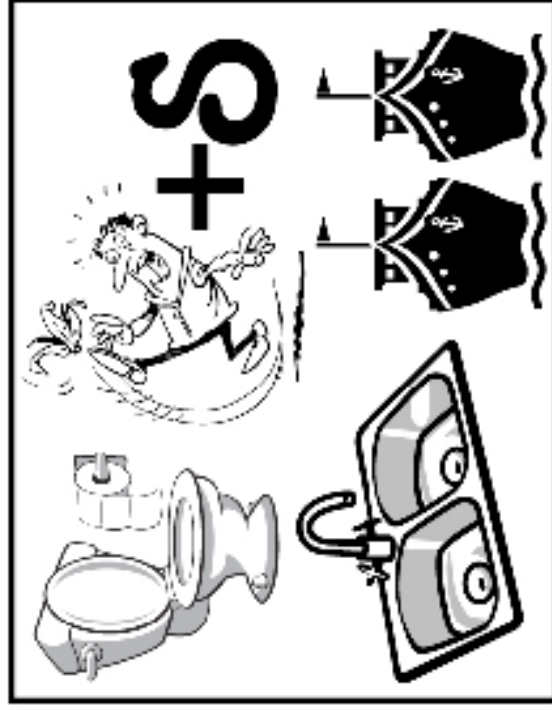


7. Stack the buttons for the eyes and thread a twist tie through each stack as shown above. Attach a twist tie to the shank button for the nose as well.
8. Poke the twist ties through the slots of cardboard and tape them to the back of the face as shown in the center photo above. The eyes should be placed at the first and third slots, and the nose should be placed in the center slot.
9. Use glue stick to attach a rickrack smile.
10. Use Glue Dots or mounting putty to attach flowers and a raffia bow to the hat. For an added touch, give your scarecrow raffia hair by taping strands of raffia to the back.
11. Display your scarecrow on your door using mounting putty or rolled masking tape.

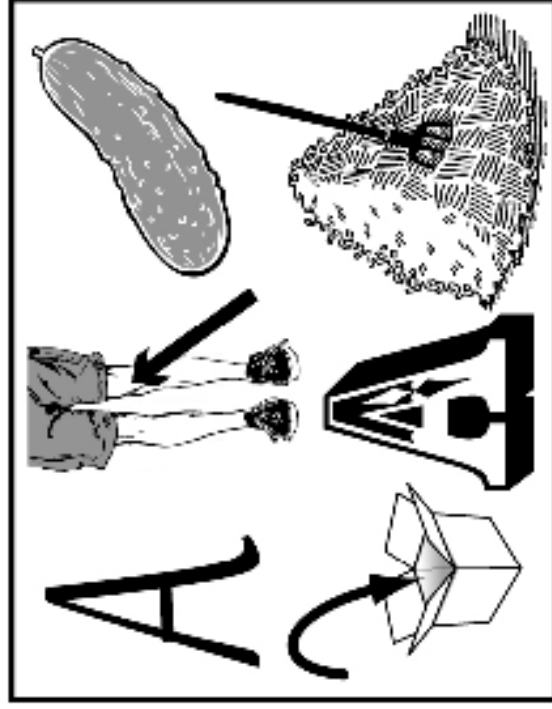


Concentration Puzzles

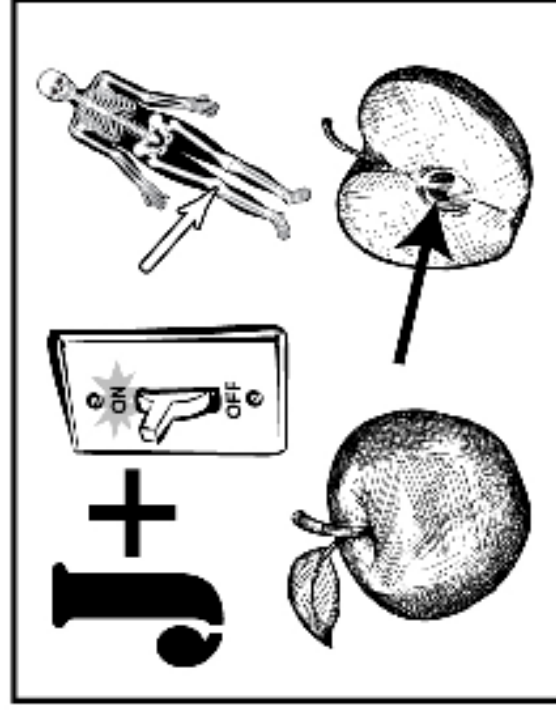
Use the visual clues in the puzzle boxes to figure out the phrases.



Puzzle #1



Puzzle #2



Puzzle #3



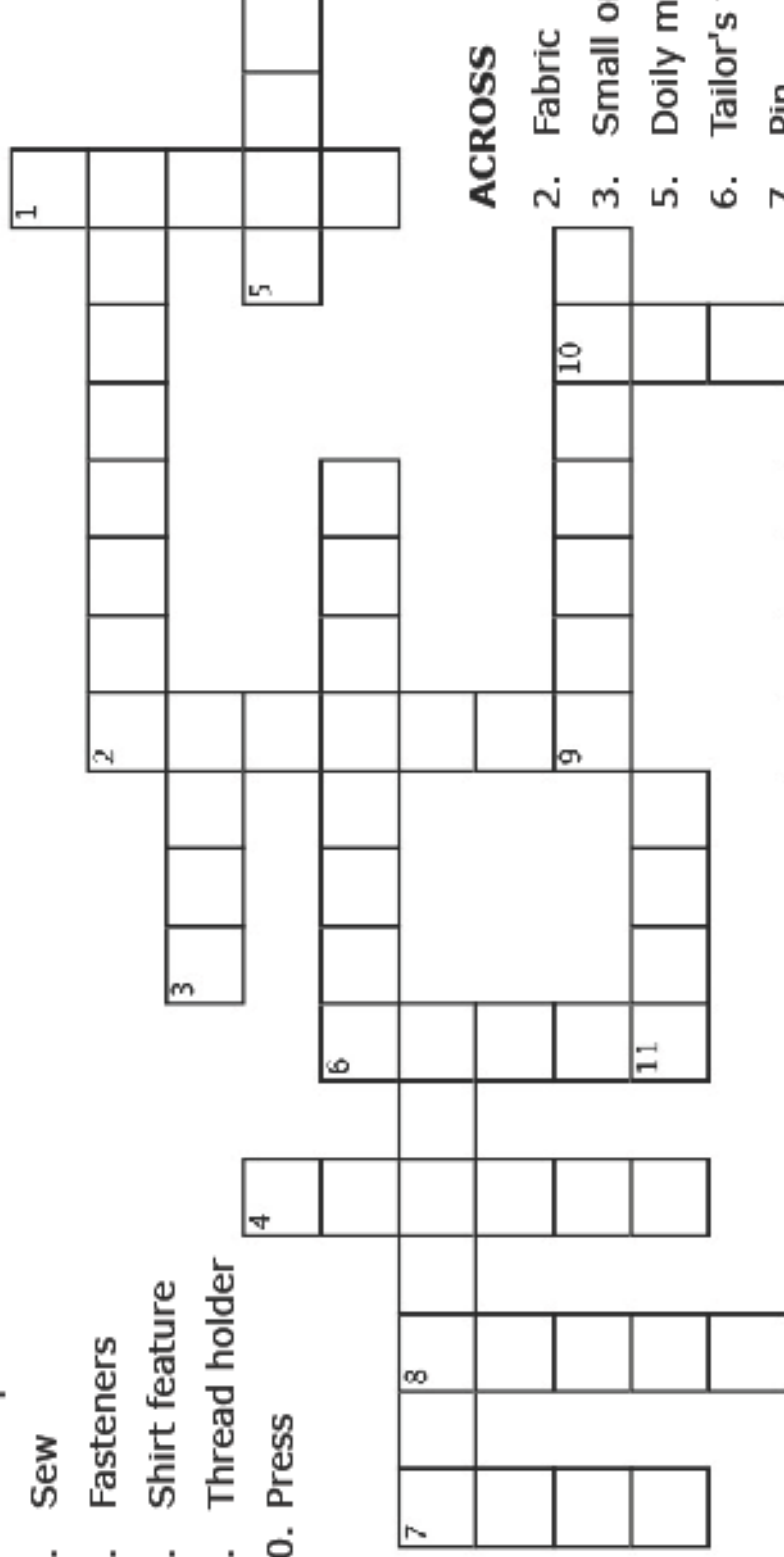
Puzzle #4

Sewed Up

Use the clues to fill in the crossword.

DOWN

1. Fabric fold
2. Size up
4. Sew
6. Fasteners
7. Shirt feature
8. Thread holder
10. Press



ACROSS

2. Fabric
3. Small or large
5. Doily material
6. Tailor's tool
7. Pin _____
9. Kind of stretchy band
11. Stitched line
12. Sewing machine spool



School Days Secret Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all words that are synonymous with *friend*.
2. Cross off all words that are fruits.
3. Cross off all words that rhyme with *sand*.
4. Cross off all three-letter words.
5. Cross off all words that are flowers.
6. Cross off all words that are school supplies.



scissors	jog	apricot	chum
we	band	magnolia	buddy
don't	stop	hand	fox
heather	crayons	lip	mate
peach	going	lily	eraser
grand	to	school	coconut
art	daisy	paper	stand
companion	bland	when	pencils
plum	ally	fly	we
aster	ruler	fanned	graduate

Occupational Food for Thought

What type of food would most appropriately match each occupation?

Example: Jeweler = Carrots

1. Plumber _____
2. Prize Fighter _____
3. Teacher _____
4. Shoe Maker _____
5. Electrician _____
6. Podiatrist _____
7. Radiologist _____
8. Newlyweds _____
9. Real Estate Agent _____
10. Gambler _____
11. Woodcutter _____
12. Stonemason _____
13. Photographer _____
14. Gardener _____
15. Race Car Driver _____
16. Quarry Worker _____
17. Traffic Officer _____
18. Burglar _____
19. Belly Dancer _____
20. Yodeler _____
21. Actress/Actor _____

Foods

- A. Rock Candy
- B. Duck
- C. Sole
- D. Corn
- E. Prune
- F. Cheese
- G. Cottage Cheese
- H. Steaks
- I. Currants
- J. Fresh Pears
- K. Leeks
- L. Marble Cake
- M. Fast Food
- N. Ham
- O. Jam
- P. Chops
- Q. Ice Cream
- R. Sticky Buns
- S. Alphabet Soup
- T. Ribs
- U. Milk Shake





A "Grand" Match

Match each definition with one of the "Grand" terms from the list.

- | | |
|--|---------------------|
| 1. A country music theater in Nashville | A. Integrand |
| 2. A series of waterways in eastern China | B. Grand finale |
| 3. Splendor and impressiveness | C. Grandioso |
| 4. The wife or widow of a grand duke | D. Grand prix |
| 5. A climactic finish | E. Grand Canyon |
| 6. A type of rose | F. Aggrandize |
| 7. A person of high rank or eminence | G. Grand Ole Opry |
| 8. The gorge carved by the Colorado River | H. Grandee |
| 9. A type of ballet jump | I. Grand larceny |
| 10. An industrial city in southwestern Michigan | J. Rio Grande |
| 11. Everything added up | K. Grandeur |
| 12. To increase the power, status, or wealth of | L. Grand duchess |
| 13. A large instrument supported by three legs | M. Grand jete |
| 14. The four most important tournaments in tennis | N. Grand Rapids |
| 15. Pompous or extravagant in language | O. Grandiflora |
| 16. Terminal station in New York City | P. Grandstand |
| 17. The function or expression to be integrated | Q. Grand piano |
| 18. A large structure for seating spectators | R. Grand Canal |
| 19. A director of the court | S. Grand inquisitor |
| 20. Musical direction in a grand, noble style | T. Grand total |
| 21. A river between the U.S. and Mexico | U. Grandiloquent |
| 22. A series of high-level competitions in a sport, such as sailing or auto racing | V. Grand Central |
| 23. The taking of property valued above a certain dollar amount | W. Grand Slam |

Cathy's Corner

September is quickly arriving and with it cooler weather is just around the bend. Is anyone looking forward to raking those leaves, just remember that its good exercise.

Anyone heading to the Frederick Fair, Monday, Tuesday and Wednesday are Senior Days and admission is FREE.

There is a lot going on at the Department of Aging-hope you can take advantage of these programs. Don't forget that all of the area senior centers offer exercise programs ranging from seated to weights, and dancing too!

Cathy Barnes
cbarnes@frederickcountymd.gov
Senior Centers Without Walls
1440 Taney Avenue
Frederick, MD 21702
301-600-1605-Mondays only

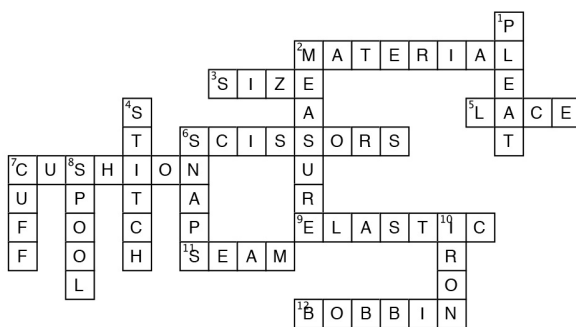


Labor Day-Food for thought

1. K. Leeks
2. B. Duck
3. S. Alphabet Soup
4. C. Sole
5. I. Currants
6. D. Corn
7. T. Ribs
8. J. Fresh Pears (Not really an occupation, but cute:)
9. G. Cottage Cheese
10. H. Steaks
11. P. Chops
12. Marble Cake
13. F. Cheese
14. E. Prune
15. M. Fast Food
16. Rock Candy
17. O. Jam
18. R. Sticky Buns
19. U. Milk Shake
20. Q. Ice Cream
21. N. Ham

Concentration Puzzles (solutions)

- Puzzle #1 Loose lips sink ships
Puzzle #2 A needle in a haystack
Puzzle #3 Johnny Appleseed
Puzzle #4 The pot calling the kettle



Secret message:

"We don't stop going to school when we graduate." ~ Carol Burnett

A "Grand" Match

- 1-G. Grand Ole Opry
- 2-R. Grand Canal
- 3-K. Grandeur
- 4-L. Grand duchess
- 5-B. Grand finale
- 6-O. Grandiflora
- 7-H. Grandee
- 8-E. Grand Canyon
- 9-M. Grand jete
- 10-N. Grand Rapids
- 11-T. Grand total
- 12-F. Aggrandize
- 13-Q. Grand piano
- 14-W. Grand Slam
- 15-U. Grandiloquent
- 16-V. Grand Central
- 17-A. Integrand
- 18-P. Grandstand
- 19-S. Grand inquisitor
- 20-C. Grandioso
- 21-J. Rio Grande
- 22-D. Grand prix
- 23-I. Grand larceny